

THE SERVANTLESS SUMMER BREAKFAST TABLE

With Bread Slicer and Toaster, Coffee Percolator and Vacuum Bottle, "Madame Is Served" Without Servants



Forgotten!

THE summer breakfast table would be nearly equipped if you had the bread slicer, electric toaster, water bottle and coffee percolator that were tested in The Tribune Institute this week. All of these devices stand for convenience and economy and the solving of the servant problem. Do not insist "on kicking against the pricks," solving your new problems in old-fashioned ways. It is short-sighted economy which spells extravagance in the end for the "professional housekeeper" to begrudge herself time saving, heat saving and food saving apparatus.

Slice Your Bread on the Table

The "Save-A-Loaf" Bread Slicer will cut bread in four different thicknesses— $\frac{1}{8}$ -inch, $\frac{1}{4}$ -inch, $\frac{1}{2}$ -inch and $\frac{3}{4}$ -inch. It may be adjusted to any one of the desired thicknesses by the metal device on one side of the semi-circular knife holder. The thinnest slice ($\frac{1}{8}$ -inch) is very appropriate for bread and butter sandwiches to be served with tea or salad, while the second and third sizes are suitable for table use. The largest size might be used for the hungry twelve-year-old boy or the farmhand's dinner pail.

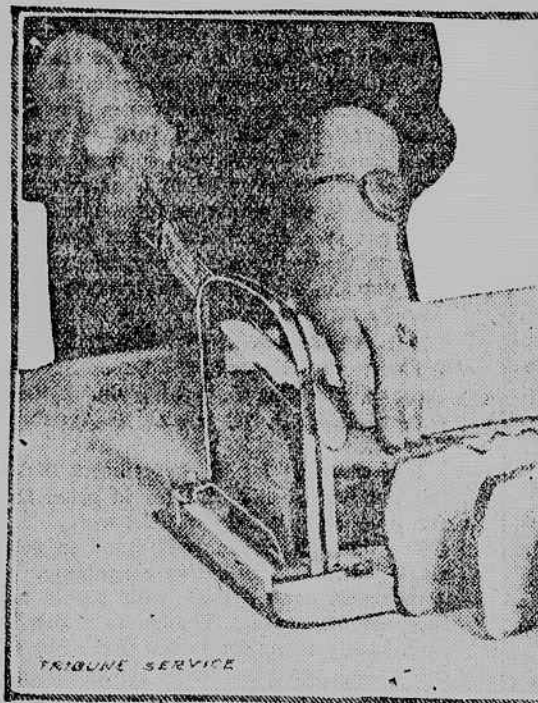
The old-fashioned, comfortable, family style of cutting the bread on the table in order to avoid cutting too much and having it wasted is again in high favor—as is any food style that saves bread. Even the crumbs are conserved by the wooden base of the slicer. Whether you are making monumental piles of sandwiches for canteen or picnic, or cutting a few slices for a family of capricious appetites, the slicer is a bread saver, a convenience, and furnishes a trim and uniform slice.

The device consists of a wooden base, 9 by 7 inches, upon which is mounted an arch-like nickel-plated steel frame that serves as a guide for the knife. This frame is so attached that it can be turned down flat on the board when not in use.

Across the bottom of the frame is a rod or bar which can be locked at various distances ahead of the frame. When a slice of bread is to be cut the loaf is pushed against this bar, and by changing the position of the latter the thickness of the slice is varied.

For those who wish an attractive slicer for the dining table there is a de luxe model which has a white enameled circular board, 11 inches in diameter, and a slicing unit of Sheffield steel, nickel-plated on copper. An ivory handled steel knife accompanies this model. The same variations in the thickness of the slice are obtainable.

An electric toaster which makes toasting bread at the table convenient and inexpensive and gives a most superior product



ations in the thickness of the slice are obtainable.

Save-A-Loaf Bread Slicer. Price \$1.50. De Luxe Model \$3.50. Made by the Home Helps Mfg. Co., 39 West Thirty-eighth Street, New York City.

Toasting Bread by Electricity

The Manning-Bowman Electric Toaster is an upright type constructed of nickel-plated steel and has a fibre-tipped base, so that the heat will not affect any surface on which it may rest. There is a spring-hinged door on each side and two slices of bread can be toasted at one time very handily. The hot toast is most conveniently turned on the spring door when lowered by the wooden knob to a horizontal position.

On the top of the device is a rack for holding the toast over the heat after it is made or for drying out slices of fresh bread immediately before toasting.

The appliance can be used from a lamp socket, and the six feet of flexible connection cord provided has a special plug, which is very quickly and easily removed by pressing a release button. Any one who has struggled to



A bread-saving slicer that can be used on the table and will give four uniform thicknesses of slice, varying from the stylish thin sandwich to the growing boy's three-quarter inch size

An aluminum stove type percolator that starts to work "percolating" within a minute after heat is applied

Percolated Coffee

The Manning-Bowman Percolator No. 9093 is a stove type model, with a $\frac{3}{4}$ -inch diameter circular pedestal base. It is constructed of aluminum and has an ebonized wooden handle and glass cover, with a metal rim protector to reduce the chance of breakage.

Inside of the pot is the percolating tube, which is made in one piece and has a valve tube at the lower end and the filter basket and spreader plate attached at the top. These various parts can be readily removed and separated for individual cleaning.

This percolator can be used on all kinds of heaters, electric, gas, coal, oil or alcohol, but when used on the gas range it is advisable to use beneath it the heating plate provided, so that the polished finish of the device will not be affected.

Over a gas flame, using cold water, percolation began in less than a minute, and as soon as the water is rapidly forced up through the tube (about five minutes) the flame may be

reduced. Fifteen minutes is the time usually required to prepare the coffee for the average taste. The capacity of the model is three pints.

In making percolated coffee one heaping or two level tablespoonsful of medium ground coffee for each cupful of liquid is used. This coffee is placed in the perforated metal basket and the heated water is forced up through the metal tube and sprayed over the grounds. By the time the water has passed through the tube and fallen again into the pot it loses several degrees in temperature, so that it never really boils. The coffee in the lower part of the percolator does reach nearly 200 degrees Fahrenheit, but never 212 degrees Fahrenheit, although the water in the tube is boiling when it starts on its upward journey. The water comes in contact with the coffee so often and for such a length of time, between fifteen and twenty minutes, that the result is a larger percentage of tannin than is found in filtered coffee. Convenience in making and clarity are the two chief claims of the method to favor;

reduced. Fifteen minutes is the time usually required to prepare the coffee for the average taste. The capacity of the model is three pints.



Remembered!

and this percolator is a very well constructed device of its kind.

Manning-Bowman Percolator No. 9093. Price \$5.50. Made by Manning, Bowman & Co., Meriden, Conn.

The Useful Vacuum Bottle

The Hotakold Vacuum Bottle looks like the rest of the thermos family, and as usual devotes itself to keeping liquids hot or cold, as desired.

It has a nickel-plated metal case, containing a glass filter resting upon a wire spring base, with a cork stopper and a screw cap cover. To convert this cover into a drinking cup a small spring handle, which can be quickly clamped over the edge and just as quickly removed, is provided. This is an individual, not a family, trait.

The bottle under test showed very good heat and cold retention properties. A quart of ice-cold water put into the bottle at a temperature of 38 degrees Fahrenheit had reached 65 degrees Fahrenheit three days later, while the same quantity of boiling water had still a temperature of 125 degrees Fahrenheit twenty-four hours after being placed in the receptacle.

In making a practical test to duplicate conditions that might obtain under use, ice-cold water at 37 degrees Fahrenheit was placed in the bottle. Four hours later it was opened and found to register 43 degrees Fahrenheit, which is perhaps a more healthful temperature for drinking than 37 degrees. One cupful of water was taken out, the bottle closed and four hours later the temperature was found to be 50 degrees Fahrenheit, which would also be considered cool enough for drinking. After removing one more cupful of water the bottle was left closed until twenty-four hours from the beginning of the experiment, and when opened it was found that the remaining water had reached 66 degrees Fahrenheit, which would be rather too warm, 45 to 50 degrees Fahrenheit being an average temperature that would be described as cool. This proves that the bottle will serve its purpose well overnight or for an eight-hour motor trip. At home or abroad summer or winter, day or night, a vacuum bottle is a good thing to have.

This style bottle is made in two sizes—pint and quart.

Hotakold Vacuum Bottle. Prices: Pint, \$3.25, quart, \$5. Made by Manning, Bowman & Co., Meriden, Conn.

NOTE—See Tribune Graphic for other appliances tested and endorsed by The Tribune Institute.

Corn—To Be Canned or Dried

CORN, like peas and string beans, should be canned as soon as possible after gathering. The best time to can corn is when it has just passed the milky stage and not yet reached the dough stage. If canned during the dough stage it is more difficult to sterilize and has a cheesy appearance in the jar.

Corn in the Can

Remove husk and silk and blanch the cob in boiling water for three or five minutes. Cold dip quickly and with a sharp knife cut the kernels from the cob. The kernels may be scored before cutting if desired. Pack the corn immediately into the hot sterilized jars and fill to within one-quarter inch from the top to allow for expansion. (Whereas most vegetables shrink on canning the starch of the corn swells.)

Adjust the sterilized rubber, add one teaspoonful of salt to each quart jar and boiling water to overflowing. Partially seal and sterilize in boiling water for three hours; in water seal, 214 degrees F., for two hours; or under five pounds' pressure for one and one-half hours. When sterilized complete the seal and cool as quickly as possible, but avoid leaving the jars in a draft, as breakage may result.

If the housekeeper wishes to can the corn on the cob the method is the same. This is not advised because of the high price and scarcity of large containers and the waste space in packing.

Certain precautions are taken the chance of flat sour is greatly minimized. Freshly gathered young corn, rapid packing after blanching and quick cooling after the correct period of sterilization are practically sure to spell success in canning corn.

Vegetable mixtures with corn as one of the ingredients make very attractive and useful canned products for winter soups or vegetables. Any desired combination of the vegetables in season may be used. Tomatoes and corn go well together, using two parts to one part corn. If lima beans or okra are combined with corn and tomatoes, use one part corn, one part beans or okra and three parts tomatoes. The vegetables are prepared before canning as though they were to be put up separately. The time for sterilization of vegetable mixtures is two hours in boiling water or water seal, 214 degrees Fahrenheit, or one hour under five pounds pressure. A larger proportion of corn and beans would necessitate a longer period of sterilization (three hours in the hot water bath).

Drying Corn

Young, tender corn is almost as necessary for an attractive dried product as it is for canning. Husk and silk the corn, then boil on the cob three to five minutes. Cold dip quickly and cut the kernels from the cob with a sharp knife. Spread in a thin layer to dry. Start the drying at 110 degrees Fahrenheit, gradually raising the temperature to 145 degrees Fahrenheit. It will take three and a half to four and a half hours to complete the drying. Pour the dried product into bowls or boxes and "condition" for two or three days; i. e., stir several times a day or pour from one container to another to insure a uniformly dried product. Store in fibre containers covered to protect contents from dust, moisture and insects. Compiled in The Tribune Institute.

Candy Making With but Little Sugar and That Not White

By LOUISE M. WILLIAMS
Domestic Scientist, The Tribune Institute

ARE you a true blue American? If you are, how can you eat candy just "for fun" when our Allies and our boys over here need every ounce of sugar for war work? Do you know that recently 11,000,000 pounds of sugar went down in one ship alone out of several that were sunk, and in one week 26,000,000 pounds of sugar was dissolved in the sea?

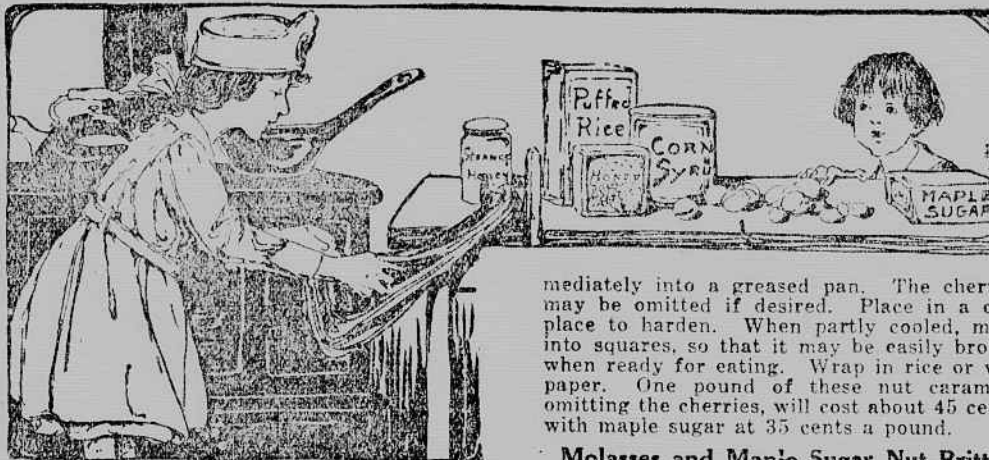
If you must have sweets at least be sure that they are war candies, made of honey, maple syrup, maple sugar, molasses or the so-called corn syrup, combined with the fruits and nuts. Many unusual combinations of these may be made at home, which are not expensive when compared with many of the prices paid for store candies, even with the use of the more expensive sweetening agents, such as the maple products, honey, etc.

Maple Fondant

Maybe you don't know that a delicious creamy fondant can be made from maple syrup. We know home folks can do it because we tried it out right here in the Institute laboratory. To make a pound of maple fondant, boil one pint of maple syrup until the candy thermometer registers 241 degrees Fahrenheit. (Test your thermometer in boiling water before making the fondant to ascertain if it registers 212 degrees Fahrenheit. If it doesn't, then be sure to allow for the difference when making any candy.) Cook slowly to prevent boiling over. Wash the sides of the pan with a piece of cheesecloth dipped in boiling water, to avoid crystallization. When the syrup has reached 241 degrees Fahrenheit, pour it onto a cold platter which has been dipped in cold water. Let stand a few minutes to cool, but not long enough to harden. Begin working the syrup with a fork, wooden spoon or paddle, and continue doing so until it is creamy and a very pale tan in color. When it changes to a stiff, lumpy consistency, knead with the hands until smooth. Put in a bowl and cover with oil paper to keep out the air until used.

A candy thermometer is very essential in making fondant, more so than with any other confection. Only when the cook is experienced in fondant making may the thermometer be dispensed with. A good one can be purchased for \$2.50.

This fondant has various uses. Roll small pieces of it into little balls, let stand in a cool place for fifteen minutes, and dip in melted bitter chocolate. Chocolate melts at a very low temperature and when it registers about 90 degrees Fahrenheit it is ready for dipping. Melt over hot water and be careful not to allow it to become much warmer. Drop the balls of fondant into the melted chocolate and remove with a two-tined fork or a regular bonbon dipper. If neither can be had a fork of any kind may be used. Drop candies on oiled paper and put in a cool place to harden. One pound of these bitter chocolate maple creams costs about 40 cents, even with maple syrup at 60 cents a quart.



If chocolate covering is not desired, the following method of treating the fondant will make a creamy divinity fudge. When kneading the fondant work in about one-half cupful of chopped English walnuts. Press out in a sheet about three-quarters of an inch thick in a greased pan, mark in squares, and set in a cold place. When hardened, cut into squares. One pound of this would cost about 50 cents, without nuts the cost would be about 38 cents a pound.

Nut Caramels

The following recipe for nut caramels calls for maple sugar and corn syrup, chopped nuts and cherries as the chief ingredients:

1 cupful maple sugar 8 Maraschino cherries
3/4 cupful corn syrup 1/2 cupful chopped
1/2 cupful milk English walnuts
1/4 cup oleo or butter

Cook the maple sugar, corn syrup, milk and butter together until the candy thermometer registers 245 degrees Fahrenheit, or until the mixture will form a hard ball when a little of it is dropped into cold water. Then stir into it the chopped nuts and cherries. Pour im-

mediately into a greased pan. The cherries may be omitted if desired. Place in a cold place to harden. When partly cooled, mark into squares, so that it may be easily broken when ready for eating. Wrap in rice or wax paper. One pound of these nut caramels, omitting the cherries, will cost about 45 cents, with maple sugar at 35 cents a pound.

Molasses and Maple Sugar Nut Brittle

The use of molasses or "corn syrup," so-called helps greatly to cut down the cost of candy making. The brittle with "fifty-fifty" molasses and maple sugar is especially good for those who like hard and "chewy" candies.

1 cupful of molasses 4 tablespoonful oleo
1 cupful maple sugar or butter
2 tablespoonful 1/2 cupful of chopped-
vinegar English walnuts

Cook all but the nuts together until the mixture will become brittle, when dropped into cold water. Add nuts and pour into well greased pan. Mark into squares and cool.

Nut and Fruit Candies

The combination of fruits and nuts makes a very good mixture for chocolate or cocoanut covered candies. Equal quantities each of nuts, raisins and dates run through the meat chopper and combined with two tablespoonful of shredded cocoanut and one tablespoonful of honey for each cupful of the mixture is one good suggestion. It should be packed in a greased mould, pressed with a weight, and allowed to stand in a cold place for about one hour. Cut in strips or roll out ball, and dip in melted bitter chocolate or shredded cocoanut. Other fruits and various nuts

may be combined with equally good results.

Puffed Cereal Balls

Is there a child or a grownup who doesn't like puffed cereal or popcorn balls? If there are a few who have turned up their noses at them in the past, let them taste these and be converted:

4 cupful puffed rice 2 tablespoonful butter or oleo
3/4 cupful maple 1/2 teaspoonful salt
1/2 cupful molasses 1/2 tablespoonful
1/2 cupful corn syrup vinegar
1/2 cupful molasses 1/4 cupful water

Heat the puffed rice or popcorn in a warm oven on a platter until crisp. Cook the other ingredients until when a little is tried in cold water the mixture will crack. Pour over the crisp puffed rice or corn, mix thoroughly and when cool shape into balls and place on a buttered pan or wax paper to harden.

Twenty-four balls, weighing one-half an ounce each, cost 25 cents, about 33 cents a pound. This recipe is a war-time candy in two respects. If uses the corn and rice and spares the white sugar.

Sugarless Marshmallow Pastes

If maple sugar or syrup is unavailable or the price is prohibitive (though even maple candies, home-made, cost only about 50 cents a pound), something else must be used. "Corn syrup" is very reasonable in price and there is a certain type of candy for which it will serve as the main ingredient, making the use of granulated sugar unnecessary. The children and grownups both will like these confections.

4 tablespoonful 1 cupful corn syrup
gelatine flavoring.
1/2 cupful cold water

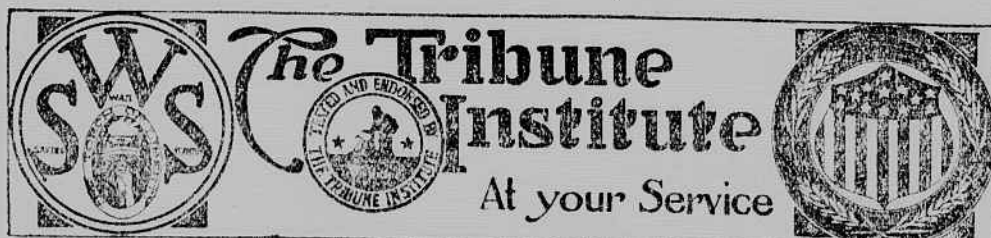
Dissolve the gelatine in the cold water. Heat the corn syrup to boiling and pour over the dissolved gelatine. When partly cooled begin to beat with an egg-beater and continue until stiff, add flavoring, and then finish beating with a spoon until the mixture will pile up and hold its shape. Cover a tin or plate with a coating of powdered sugar and cornstarch mixed in equal quantities. Over this spread the candy mixture and when well cooled and set, cut the top, cut in cubes, and roll in the cornstarch and powdered sugar. These are somewhat like marshmallows, somewhat like "pastes."

There are many variations of this recipe—any flavoring desired may be used, peppermint, wintergreen, lemon, orange, vanilla, chocolate, etc. Vegetable coloring to correspond to the flavor makes the candies very attractive. Finely chopped nuts, dried fruits or maraschino cherries all help to vary the foundation recipe. If any of these are used they should be very finely chopped and about one-quarter cupful added to each cupful of "corn syrup" used. One pound of the plain marshmallows costs about 15 cents.

Prune and date confections are delicious and very good for children. Soak the large prunes overnight in water, then remove stones and fill centers with chopped peanuts or English walnuts. A little pulverized sugar moistened with water or milk and mixed with the nuts adds greatly to the flavor of the candy. Dates may be treated in the same way with equally good results.

These are ideal candies, especially for the children, from the triple viewpoints of economy, sugar saving and health.

Acknowledgment is made to the Boston Cooking School Cook Book and to Mary Elizabeth in The Delineator for suggestions on which The Tribune Institute's experimental work was based.



THE TRIBUNE CO-OPERATIVE CONSUMERS' CLUBS

(U. S. Food Administration License G-67333)
Telephone Morningside 7795 to Place Orders

If you are willing to cooperate and take a little trouble, assuming part of the retailer's work and buying in semi-wholesale quantities, you can save money on foods.

The following staples may be bought at a saving of from 4 to 8 cents a pound or a dozen: High grade eggs, candied for quality, at wholesale cost plus 3 cents a dozen (probably 51 cents). Highest grade print butter, 51 cents a pound. Dried lima beans, in five-pound packages, 15 cents a pound; pink beans, to be used instead of navy beans, 11 cents. In twenty-five pound packages, large prunes at 15, small ones at 12 cents.

Your Twenty-five Pounds of Sugar

EVERY housekeeper will be able to purchase twenty-five pounds of sugar at a time for canning over and above her three pounds per month regular allowance. All that she has to do is to sign a certificate issued by the Federal food administration and leave it with her grocer. The certificate is sent to the Federal Food Administrator of the state in which the purchase is made. Why not use this sugar for making fruit butters, which take a minimum of sugar, and save on your sugar and butter bill for the winter?

The housekeeper is on her honor to use this twenty-five pound allowance for preserving and canning to the very best advantage. It goes without saying that it must be used for no other purpose than the conservation of fruits and vegetables. Any other would be lacking the Boche! But we should go further. The rich pound for pound preserves and jellies should be put up in very small quantities, if at all. Use the sugar wisely for conservation purposes, not for making preserves of the luxury type. Whereas fruits may be canned with boiling water very successfully, it is well with some of the smaller berries and more delicate fruits to use a light syrup (one cupful of sugar to two cupful of water) to prevent shrinkage. Put your sugar allowance into fruit butters, canning of the small fruits, and your three pounds per person into the cooking and serving of the fresh fruits and vegetables, and small amounts in cakes and ice creams rather than into the confections, heavy desserts, candies, rich preserves and jellies, which are luxuries, using the sugar in disproportionate amounts.

Fruit butters are very easy to make and take much less sugar than do the jams, marmalades, jellies and preserves. The children like them on their bread in place of plain butter. Apple butter may be made either with or without cider, while pear, plum and peach butters are made without cider.

Apple Butter

Peel and slice tart apples and add enough water to make a thin apple sauce. Simmer for three or four hours, stirring frequently. Sugar, white or brown, molasses or syrup may be added for sweetening, using two cupfuls to each gallon of the butter. Spices to taste are stirred into the butter when it is done. A good mixture is one-half teaspoonful each of ground cinnamon, cloves and allspice to each gallon of butter. Pour boiling hot into hot sterilized jars or glasses. Seal, place on a rack over boiling water and steam for fifteen minutes, having boiler covered to avoid losing the steam. Remove containers and cool.

Peach Butter

Remove skins by dipping into boiling water until the skins loosen, then into cold water, saving a few of the kernels for flavoring the butter. Place peaches in a cooking kettle, mash with a wooden spoon and cook 3 hours, mash until soft. Measure the pulp and add one-half the amount of sugar and several broken kernels, cook slowly, stirring frequently, until very thick. Pour into hot sterilized jars or glasses, seal and steam for fifteen minutes in a boiler over boiling water. Cool and store.

A. L. P.